



A N T E

Gentling the Sweet Potato

"Don't mistreat me or I'll spoil," wails the sweet potato as it is tossed about and subjected to all kinds of temperatures and abuse. It is true that we must give the sweet potato and yam more consideration than we do their Irish brother, for though rugged in appearance, they will not last long if the skin is broken or if subjected to sudden changes of temperature. Sweet potatoes must be kept warm, at a temperature of about 70 degrees F.

Dolling Up the Fish Dish

A set of natural-color scalloped shell-shaped dishes is now added to the equipment of the modern homemaker who wishes to give simple food a festive appearance. These little dishes come in sets, may be used for baking or for table service, and range in sizes from three to five inches across. The front edge is fluted and slightly rounded while the back is the shape of a mussel hinge. Boiled, smoked or dried fish with sauces assume a most formal atmosphere when served in these novel, yet inexpensive shells.

Who Left the Plug in?

Table timer is the name given to it, but it may be used all over the house. To explain, the table timer is a square, green box-like contrivance with two electrical outlets in it. One outlet is a normal outlet and only supplies current. The other has a timing device on it, and the lever may be set to indicate how long the current is to continue flowing to the device plugged into it. At the specified time the current will be turned off.

Washing machines may be left running while the housewife enjoys a conversation in the back yard or over the telephone. One may sleep comfortably with the heat of a heating pad or the breeze of the electric fan, knowing that they will turn off when they are supposed to. It is even suggested that one can fall asleep to the strains of his favorite orchestra. For the forgetful person, a timer set on the closet light for five minutes, will save an appreciable part of the electric light bill.



Staple Things

My cousin makes of staple things
A cake as rare as angels' wings.
Should I ask for the recipe
I think she'd only say to me—
"Eggs, milk, sugar, butter, flour,
Leavening; bake about an hour."
But something magic, something
fey.
She stirs besides. She knows the
way
Of changing each thing in the
bowl
Back to the beauty of its soul.
In the flour she has seen
Promise of wheat fields, tender
green.
She knows that sugar's crystal
Holds the sweet of tropic rains;
That from the flowers of the mead-
ow
Butter, queerly, gets its yellow.
She whips her egg whites into
flakes
Of summer clouds. In her cakes
I have tasted autumn dawn
And white narcissus on a lawn.
And I have tasted love, and care,
Knowledge that all that's lovely,
fair,
And every song the poet sings.
Are fashioned out of staple things.
—Velma Carson, in the Household
Magazine.

S C R I P T

We Pasteurize the Prunes

Dried fruits are now accused of being a source of disease because they have not been pasteurized. In England a case of severe colitis has been attributed to this source.

A doctor in Massachusetts is now working on a method of pasteurizing dried fruits in packages.

Those Nice Ripe Olives

There are more vitamins in ripe olives than in green olives. Ripe olives contain more oil and more of the Vitamin A. Experiments have been made with rats and their health was found to improve after ripe olives were substituted in their diet for green olives.

Poetry for Little Tots

"So many poems are written about children and not for children," said Miss Irene Hirsch, Head of the Kindergarten and Primary Department of Drake University of Des Moines, Iowa, while leading a recent Child Development Seminar. To appeal to children, poetry must have rhythm, that is, regular accent; it must concern experiences with children; its style must be simple without denatured diction. The poem should be short, never more than six, eight, or twelve lines. There should be beauty of arrangement, a refrain repeated several times, and direct colorful diction.

Poetry should be read aloud to be most enjoyed, according to Miss Hirsch. The successful reader of poetry for children must first of all set her stage; she must enter into the mood of the poem and catch the rhythm. She must read distinctly and be familiar with her poem in order not to be bound to the printed page during the reading. Miss Hirsch believes that poetry should be read in small groups.

Children may be encouraged to create poems if rich, full experiences are given them, and if situations conducive to self-expression are created. The adult should offer a sympathetic audience, encourage natural expression, never try to force it, and offer criticism only when asked for help.

Miriam E. Lowenberg

THE IOWA HOMEMAKER

"A Magazine for Homemakers from a Homemakers' School"

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Iowa State "Mans" the Kitchen

By Helen Melton

"WHO says we can't make biscuits? Look at these—light, fine-grained, melt in your mouth!" Bill Klug, popular Iowa State forester, breaks open a biscuit and flourishes it masterfully in the air.

"Say, the spoons go on the right side of the plate, don't they?" With a puzzled look on his face, Roy Holmberg, president of the Ag Council, sorts over a handful of silver and doubtfully places the spoons on the table.

"Watch out—don't put too much chile in that con carne. It's hot!"

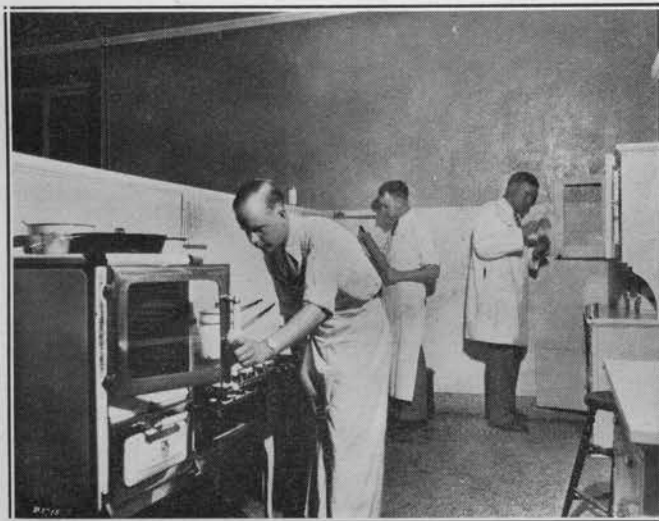
Odors of corn bread, cocoa, stew—clatter of dishes—occasionally a deep bass bursting into song—here they are—Iowa State's male cooks in action.

It's not a bachelor's establishment or a bunch of fellows on a camping trip—nothing amateurish like that. It's an "honest-to-goodness" foods class composed of men who are seriously trying to learn how to cook and what to eat and why.

Foods and Nutrition 358 had its beginning this quarter with an enrollment of 12 men, under the instruction of Miss Louise L'Engle, of the Foods and Nutrition Department. The class started out as a lecture period, meeting twice a week for an hour, but a desire on the part of the men to do some actual cooking resulted in the arrangement of three laboratory periods during the quarter.

In the lecture period the men are given some of the fundamentals of food values and selection. They study the different classes of foods and the purposes for which they are used in the body. Demonstrations give the men a concrete idea of how much food is necessary to meet caloric requirements, and which foods are rich in vitamins, proteins or minerals. As one lesson, the men worked out caloric

requirements for their own needs, taking into consideration the amount needed for the individual activities, exercise or sports in which they indulged. Another project used to bring a more concrete understanding of calories was the planning of a breakfast which would give from 600 to 800 calories.



A breakfast in progress.

The laboratory periods are held in the evening from 7 to 9 o'clock. The first period was given over to the preparation of a breakfast. The class was divided into four groups, with each group preparing a different menu. Wheat cakes, hot biscuits, eggs cooked in various fashions, bacon, fruit and coffee were prepared. According to Miss L'Engle, the products were very good. Perhaps some of the bacon was a trifle too crisp, but then, "We like it crisp," said the cooks.

During the second laboratory period, the boys prepared luncheon menus with one hot dish and a hot bread of some kind. Again the class was divided into four groups with each group using a different menu. The four hot dishes prepared were fish loaf with carrot and

pea sauce, rice pilaf, chile con carne and beef stew. Different kinds of corn breads and muffins were made by each group, and hot cocoa completed the menu.

After both the breakfast and luncheon lessons, the boys sat down to neatly set tables and ate the food they had prepared. This necessitated a lesson in

table setting and service. The boys all had a general idea of how a table should be set, from their own observation, but most of them had not actually manipulated the knives and forks with the object of putting them in proper order on the table. A few suggestions from the instructor, however, set them right as to the "P's" and "Q's" of table setting.

At the close of each laboratory period, the boys wash the dishes, clean up the equipment and leave the laboratory in a spotless condition.

The last laboratory lesson will be the preparation and serving of a dinner. This will be the most complex lesson of the three and the boys are looking forward to it with the hopes

of producing a meal that will rank favorably with any meal prepared by their home economics sisters. They will include in this lesson some of the principles of carving. This was one of the first requests by the boys—that they be taught how to carve meats.

Judging from reports of boys in the class, they are well satisfied with the course. "It's a lot of fun," one boy said, "but that's not all. We are really learning some things about cooking and food selection."

Most of the boys are foresters who are interested because they will have a need for some knowledge of cooking when they get out on the range. There are several from other departments, how-

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At Home in Nippon

By Sarah Field

A TRILLION, trillion cherry blossoms, the patter of small brown feet, the slap-slap of sandals and coy little almond-eyed ladies flirting behind bewitching fans. What is it? Where are we? The answer is—Japan—enchanting Nippon.

As we walk down our first Japanese street, the colors of the houses seem somber. No paint decorates or protects them. Most of them are hidden by walls of mud or unpainted wood and all that can be seen of them, except a slatted door, is a gray tiled roof behind the tree-topped wall.

In the city we will find the homes crowded together but here in the towns and suburbs the houses have more room and we often see picturesque straw roofs upon which lilies and mosses grow. Our guide informs us that such roofs last 30 years and compare favorably in cost with shingled ones. He adds, however, that they increase the fire risk and so are not permitted within the city limits.

At last our curiosity is to be satisfied. We are entering our first Japanese home! We approach through a small door in the wall beside the big formal gate which we are informed is opened only for grand occasions. A few steps and we enter a low sliding latticed door which rings a bell. We call "Beg pardon," (under orders).

We wait.

At last comes a neat smiling maid to ask us in, whereupon we sit down and take off our shoes! It is no wonder, we decide, that a well kept Japanese house seems very fresh and dainty when all the dirt of the street is left outside on the shoes. "All"? Well, all but what apparently blows in as dust. A Japanese house must take much cleaning, after all, to keep it fresh and dainty, we conclude.

To stop our soliloquizing comes our charming little hostess, elegant in a long slender kimono touched with blue and crimson. We will learn much of Japanese life if we will take "mats" for a time and listen as she talks thus of her Japanese home.

The rooms though small and low are very light and pleasant because of the papered lattice slides which open wide in

the warm weather and let in plenty of light even when closed. This effect of light airiness is helped by the smooth thick matting that covers the floors. These mats are swept with a light broom, but one can guess that much dust gets through the surface into the grass inside and the grass wears into dust. Every day the latticed paper windows are cleaned

eigners" are very extravagant to keep special rooms for sleeping.

The decoration of the room is simple. One whole side of a "parlor" may be devoted to the "Hon. Place". This is a slightly raised recess of polished wood two or three feet deep, with lowered ceiling. Here may stand a vase or basket of flowers arranged in conventional or natural style. Behind this hangs a scroll, a long picture appropriate to the season or a beautiful piece of penmanship. A Japanese home of today in upper middle class will often have a "foreign" room. This is usually furnished with four stiff chairs set stiffly about an awkward table. The rug on the floor and the plentiful pictures and bric-a-brac all reflect what the Japanese think we admire in a home. Such a room is useful for entertaining callers—even the Japanese often preferring sitting on the chairs to kneeling on floor cushions.

Our obliging hostess further informs us that a very characteristically Japanese room is the bath, which is present in even the poorest homes. It is not always a beautiful room but it is comfortable. A deep wooden tub sits on a cemented floor on which are movable slats of wood. The tub is filled with water and then heated by a small stove set into one side. Tiny stools and tubs are used for the intensive scrubbing and rinsing necessary before one takes his turn at a hot soak in the tub.

Cooking is not especially easy in a Japanese home. The housewife is likely to have servant help, but she most often takes charge of the cooking herself. Because chopsticks are used in eating, all but very soft foods must be cut small for cooking or serving.

But Japanese food prepared by a good cook is delicious! Here the little lady smiled merrily. Of course, there is always rice—cooked in the Japanese way which leaves it a little hard but perfectly cooked. This is done by washing thoroughly until the water is clear. The same quantity of water by measure is added to the rice in a tightly covered round-bottomed kettle. After actually

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—flick-flick, with a "feather" duster made of silk rags. How could one wipe each of the hundreds of tiny wooden bars? And so the dust is "flicked" off to the mats, to settle through—to rise again.

The mats are taken out twice a year and beaten in the sunshine which helps, but if bugs ever get a start in them, they might as well be burned up, says our hostess with a sigh.

The rooms are connected by narrow verandahs or corridors which are not matted but of wood and kept polished by mopping twice daily with cold water. We were informed that the water from the family bath is best for this. It is sure to give that desired soft velvety polish in not more than fifty years!

At night wooden doors outside the corridors are slid into place and all made cozy. Heating is by tiny charcoal fires burning in great jardiniers of bronze or pottery filled with ashes. There is electric light even in tiny hamlets.

In the common sitting room, small but conveniently central, there is a low table, a foot high, so that one may use it while sitting on the floor. Here the family sits at meals and the children study in the evening. There are cupboards on one wall for the bedding which is brought out at night and spread on the floor in this same room. The Japanese think "for-

And Rush That Order, Please!

By Bessie Hammer

VACATION days are here again. The mercury rises and work becomes drudgery for the business man, the school teacher, the scientist. If he has the money and can spare the time he packs his golf clubs and bathing suit and follows the call of mountains, lakes or seashore, hoping to find rest and recreation for a few days, weeks or months, as the case may be.

Many a hard-working college student longs for such a vacation. But though he has time in abundance, lack of money presents an obstacle. The co-ed has solved this problem to some extent. Along with

her tennis racket, her hiking boots, her bathing suit and her sun-back dresses she packs a half dozen stiffly starched uniforms and a frilly head band or two. Thus equipped she is ready for a recreative and remunerative summer. As waitress, maid, or executive in a camp or summer resort she still has much free time for fun and sports, and so profits both physically and financially.

Each fall the 50 or so Iowa State girls who return from these positions bring glowing accounts of vacation fun, so that a couple of hundred more are inspired to try it, too. It is small wonder, then, that

the labor supply soon exceeds the demand. The Yellowstone Park Lodge and Camps Company alone, which has only 600 positions to be filled—receives annually 10,000 applications.

How, then, do girls get such positions? Some by personal acquaintance with employers, some by recommendations from friends or former employers, some by application or interview, some by reason of particular ability to entertain, some through agencies, and a few are placed by the Institutional Department each year.

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Luncheon—Mile High

By Mildred Ghrist Day

Home Economics Department, Kellogg Co.

LUNCHEON six thousand feet in the air!—not on a mountain, but in an airplane. A group of seven women, home economics experts, Detroit club women and newspaper women, had the opportunity of enjoying this unusual experience recently when Miss Mary I. Barber was hostess for the Ford Motor Company. She was assisted by Mrs. Mildred Ghrist Day, a member of her department of home economics at the Kellogg Company in Battle Creek, Michigan.

The new Ford de luxe club plane which we used is equipped with a kitchenette—one of the most interesting features of the plane. It is situated just opposite the entrance door of the plane in a small and compact compartment. A combination aluminum sink, drain board and hot plate, with shelves and closet space above and below are in this small space. Specially constructed felt-lined racks are provided for cups, saucers, plates, glasses and silverware. Every piece of equipment has a special niche. Running water is supplied from an overhead tank. The hot plate is heated by concentrated gas carried in a small tank concealed beneath the cabinet. There are ventilators and a window in the kitchen

to provide for the comfort of the chef. Some planes are equipped with refrigerators, but this one was not.

Serving meals aboard airplanes will soon be no longer a novelty, but at the present time the actual preparation of them aboard a heavier-than-air craft is a decidedly new experience. This was the first time that a dietetically planned meal has been cooked and served in the air.

There is a difference between eating in the air and on the ground. Flying is still quite novel and many people are affected by the excitement. This tends to upset digestion, so of course we served a luncheon which was crisp, light and savory. Rich foods often cause the passenger to be uncomfortable. Stimulants should be omitted—flying in itself is stimulating enough. Experienced pilots say that gingerale in small quantities is good to settle an upset stomach. If the ears "crack" due to the difference in air pressure, it is advisable to eat an apple to overcome this feeling.

Keeping in mind all of these suggestions, we planned our first luncheon. The first course was a hot consommé with crisp cheese wafers. Next we passed an attractive plate of ripe and green olives, celery and radishes arranged in a grapefruit basket. The main

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Mrs. Day prepares for guests.

No More Goopy Picnics

By Nellie Goethe

Summer time is picnic time,
 With something cold—
 Something sweet—
 Something sour—
 And something filling
 Served on a wooded hillside.

PICNICS are really a variation in serving the usual meal, but what a pleasing variation they are! The caroling birds furnish the musical entertainment, and the green foliage and blue sky make up the decorations for the occasion. Sometimes a few "pesky" mosquitoes interrupt the peacefulness of the party, but picnickers are wont, after some unsuccessful battling, to accept mosquitoes as a part of the natural environment.

Picnics should mean a time of pleasure and enjoyment for all. No one member of the family should be over-burdened getting that "something cold and something filling" ready. Choose a few simple foods and prepare plenty of them, for the out-of-door atmosphere usually stimulates a big appetite.

Food should be kept as fresh as possible. A square aluminum cake safe will not only keep a cake very moist, but it is very handy for keeping sandwiches fresh. A very simple method that anyone can use is to wrap the sandwiches first in waxed paper and then in a slightly damp towel. If packed in a box, they will keep moist surprisingly well.

Sandwiches may be varied by using whole wheat or rye bread. Nut bread sandwiches are sweeter and may be used with some fresh fruit for dessert.

The thermos jug is efficient for keep-



ing foods hot or cold, as desired. They are usually used for beverages such as coffee or lemonade, but the wide mouthed ones may be used for other foods as well. For instance, why not have a nice, crisp vegetable salad instead of the traditional potato salad for the picnic? The vegetables may be prepared at home, kept crisp in the thermos jug, and mixed with the salad dressing just when it is time to serve.

Roasting weiners or steak over a bonfire is great sport if the weather is just a bit cool. But on those hot days it is too uncomfortable. Instead, build a bonfire when you come to the picnic grounds, and when you are ready to fry the steak,

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Gotta Job?

By Julia Bourne

AFTER graduation, what next? Now that spring is here seniors at Iowa State College are spending their time not only strolling about the campus, throwing pebbles in the brook, noticing each new patch of green grass, but are saying to each other, "What do you suppose I will be doing



a year from today?" or "I wish some good fairy would tell me what is in store for me in the coming years."

But that good fairy is hard to find, so every spring seniors are having these same pangs of uncertainty. It is encouraging, however, when we are told that Ames graduates who have in a short time worked up in the field of Home Economics to responsible positions, once had these same feelings.

"I never dreamed there were so many possibilities for Home Economics graduates until I was graduated and actually had chances to come in close contact with people with all kinds of jobs," one of the recent Iowa State graduates was overheard to say. "For instance, look at Jane Wagner, who finished college in 1927 and is now acting director of the New York Consolidated Gas Co., with 150 demonstrators under her direction."

There are many other graduates who are now filling unusual and responsible positions. Ferne Taylor is manager of the Christodora Settlement House, New York City, with entire charge of the food and room service in the 15 story building; Mabel Campbell is head of the Home Economics Department at the University of Missouri; Millie Kalsem is chief dietitian at the Cook County Hospital at Chicago; Lillian Storms is director of Home Economics of the American Association of Manufacturers of Carbonated Beverages, Washington, D. C.; Genevieve Calahar is the Home Economics editor of the Sunset Magazine, Los Angeles; and Madeline Stuart is stylist at the Kaufman Department Store, Pittsburgh.

Perhaps it will not be long until we shall see names of some of this year's graduates added to this "hall of fame" list. Seniors of last year and the year before are fast on their way to this goal.

Margaret Davidson, who has been with the Delineator in New York City, writes

this of her work, "Part of my work was to answer readers' letters. My mail was always so interesting and I looked forward to reading it every day. I believe I used every course I ever had at Ames in answering these requests, and sometimes was at a loss even then. One woman wanted to know what onion juice was; another wished to make sweet peas of cake icing. A young girl asked how to prevent blushing and shyness in a crowd."

If we didn't know Margaret personally, we would be wondering how any one person could handle as many different kinds of people as well as she has done.

"I can't imagine in my dreams a more ideal place in which to teach," says Frances Swenson, of Ward-Belmont School, Nashville, Tenn., where she is teaching in the Home Economics Department. "The school buildings are situated in a well landscaped campus, which, though small in comparison to the Iowa State campus, is none the less beautiful. The lovely old magnolia trees are much different from any of our trees in the north. I am most anxious to see them bloom, as everyone says the blossoms are so beautiful."

A specialist in pies, is the work of another Iowa State graduate. "I experiment with various shortenings and test products which are not yet on the market," says Ruth Stewart, who is doing research work for the Cudahy Packing Company at Omaha, Neb. "I have become quite interested in pastries and I have come in contact with several good pastry chefs this year. One, in particular, is clever with his pastry tube and I have been fortunate in watching him make wedding cakes and decorations for very prominent parties."

Of homemaking, Gladys Parker Meyers says, "I surely do like homemaking as a profession and I envy no one. I can think of no other profession where work and pleasure are so closely related."

Harriet King Sinnard says that, contrary to all facts pointing in that direction, she seems to be doing little actual homemaking. She is carrying a full time graduate schedule at Corvallis, Ore., in Government, Textile Design, Child Care and Textiles, including color reading, pin fitting, department store organization, style forecasting and Portland field trips. "It is nice to be in a 'Home Ec. minded' community. Haven't you found that there are many people in this world that think you are doing cooking and sewing for four years?" Harriet writes.

Dorothy Johnson and Hazel Fry are both working toward their master's de-

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"P's" and "Q's" in China Selection

By Ida M. Shilling

Instructor in Department of Foods and Nutrition

WHILE away from Ames this summer on my vacation, a letter from a former student was forwarded to me. The writer of the letter is a graduate of Iowa State, who has been teaching for several years. She is now thinking of marriage and is much interested in the choice of dishes for her new home. Since she wanted a dinner set, I was asked to advise her as to the best china to buy. She wished a china that was beautiful in design and color, and at the same time a china that was durable. She furthermore wanted something that she would not get tired of, of which broken pieces could be readily replaced, and also china that would be worthy of handing down to future generations. This letter is one of many that come to us at Iowa State College. However, all girls planning to be married soon, cannot spend the money for dishes that the girl whose letter I spoke of, says she can.

Knowing from my experience here as a teacher of Meal Planning, that ninety per cent or more of my students are interested in the selection of dishes for their new home, and feeling sure that young women in this respect are much alike everywhere, I will try and write something about dishes that I hope they can make use of.

Every woman who ever expects to have a home of her own should know something about dishes. There are dishes and dishes. There are fads that when indulged in, are often sad examples of what one really would like to have around one. There are dishes so ugly in design and color that when the novelty wears off the bride and groom feel like dumping them out on the junk pile. Most brides can't afford to do so, so must keep them in spite of chipped places, undesirable shapes, and color that no longer satisfies.

One of the first things one should know about dishes, is quality. Will they chip easily? What kind of care must they receive to keep them in their best condition? Are broken pieces easily replaceable? What is the best in quality I can buy for the money I have? Must I buy a whole 100 piece set or is it possible to get better ones and buy what I will need for the first year? How would I know good quality when I tried to select them?

In the first place, take plenty of time while you are deciding upon them. Go to a china merchant who is reliable and who also knows china. His advice should be worth a great deal. Then it wouldn't do any harm to know a little about the dishes manufactured in America, as well as

about some of those made in England, France, Germany, and other countries. Why would one prefer dishes made in America to those made in England or France? Or why should one prefer just the reverse?

It is interesting when buying dishes to know a little of the history. Pottery making is probably the oldest of the

Have you noticed that some of your dishes were chipped or cracked and become discolored? You do not like to use those ugly dishes for you feel that you can not wash them clean. You are right. They are not clean and can't be made so. The semi-porcelain dish is porous beneath the glaze. It has not been heated enough to melt the substance. Consequently when



arts. Our museums show us samples of pottery made by people in practically every country of the world. Some of these were made before any history was ever written. It took a long long while for the art of pottery making to develop to the stage needed for the beautiful dishes of today after the first knowledge that clay when baked to an intense heat would hold its shape forever. The next step developed years afterward was that on a certain kind of clay a shining surface could be formed. Thus we hear of the beginning of the glass.

The development of the potters art can be traced thru China, Japan, Spain, Italy, France, England, Germany, America—each country adding something to its evolution. Today some of the finest and best china is made in America.

Watch the Semi-porcelain

China, or chinaware, is porcelain. Porcelain is called china or chinaware, because it was manufactured first in the country of China. For centuries it was exported from there to other countries until the secrets of its composition were discovered. Ever since then China has been exported from the Orient in quite a large amount. Porcelain, while made by potters, is separate and distinct from pottery. Porcelain is the highest, the most wonderful and the most valuable expression of the potters' art.

Dishes we find on the market are not all China. There is a class also that is called semi-porcelain. Semi-porcelain may be very beautiful but it is always opaque. It differs from china or porcelain in that when it is made, the heat used in baking

is not as intense as that used for china. The glaze is cracked thru or chipped off, greasy dishwater and any other dirt is absorbed into the dish. Beautiful semi-porcelain dishes are made in England and also in America. There isn't anything more beautiful to use than the lovely shapes of the dishes made by Wedgwood, Royal, Doulton, Spode, Copeland and others in England. They also make china or porcelain. The price of the semi-porcelain dishes of England and other places is medium. When you have them, if well selected, you have works of art. They require care, however, in their use. As was mentioned before, they chip easily. They will also check if much heat is used. That is, you cannot heat these dishes as much as you can china, before using them. The uneven expansion of the interior with that of the glaze causes this. Chipped and cracked places discolor, so when buying these dishes, think carefully of this.

China or porcelain is more durable, as a rule, than semi-porcelain. When China is being made, the heat in the kiln is very intense, so much so that the interior of the dish is vitrified or melted. These dishes are then very compact so that when chipped or cracked, they do not absorb any grease, dish water or dust. They can be thoroughly cleaned every time they are washed. The interior is very white. China is translucent when thin enough. China of the different countries differs a little in its manufacture. Each country vitrifies the clay mixture used, but the time when it is vitrified in its manufacture makes the difference.

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GIRLS' 4-H CLUBS

Club Work Is Glorifying the Iowa Farm Girl

Helen Melton



Ocean Trip Is Prize for Style Winners

A three-weeks' sight-seeing trip to Paris and other points of interest in Europe during June, 1931, will be awarded the 4-H style queen selected in a national 4-H club girls' style dress revue contest to be held during the ninth boys and girls club congress in Chicago, according to an announcement by the national committee on boys and girls work.

All clothing club members enrolled in 4-H clubs in every county in the Union are eligible to compete in this contest. In addition to the grand prize, free trips to the national 4-H club congress, wrist watches and medals of honor are being offered by the Chicago Mail Order Company to county, state and reserve national champions.

Entrants in the contest will model in one dress of their own making in one of the following classes: cotton school dress, tailored wool dress, semi-tailored silk dress or informal party dress.

A silver oxidized and a bronze medal of honor will be awarded the county champion and near county champion, respectively, in all counties staging a 4-H style show in which there are 10 or more contestants.

An educational trip to the ninth national 4-H club congress to be held in Chicago, Nov. 28 to Dec. 5, 1930, will be offered as a prize to the winners selected in state-wide 4-H club girls' style dress revue contests to compete for national honors. In the national contest, the 4-H club leader will be awarded the trip abroad. The three high scoring individuals in each class of the final contest will be awarded wrist watches.

4-H'ers Visit at Veishea

More than 100 Iowa 4-H girls visited Iowa State campus during Veishea, in response to a special invitation sent out by the Veishea central committee. Girls came from as far as Delaware, Kossuth and Clayton counties, and many other counties were represented.

Friday, April 9, was planned as special 4-H day, with something for the girls to do every minute in the day. Mrs. Edith Barker, of the club staff, and Margaret Stanton, general manager of Veishea, worked with a committee of campus 4-H girls to plan a special program

for the day. The program was as follows:

9:30-10:30—Registration—Morrill Hall.
10:20—Veishea Parade (viewed from steps of Morrill Hall.)
11:00—Special program for 4-H girls.
11:45—Lunch at Memorial Union ("Dutch Treat"—entire group.)
1:00—Trip through Memorial Union.
1:30-3:00—Home Economics Open House.
3:00—Trades and Industries Exhibit. Evening Open.

Campus 4-H girls acted as hostesses and guides of the 4-H guests during their stay on the campus. Each girl was given a printed folder of the day's program as a remembrance of her visit to Veishea, "Iowa State College on parade."



Eloise Parsons Hauser

A Pioneer 4-H Girl

"I have found that the lessons learned in my club work, the value of having high ideals, of perseverance, of cooperation, loyalty, and plenty of honest labor, apply all along the road of life," says Eloise Parsons Hauser, one of Iowa's first 4-H girls and an alumnus of Iowa State College.

Mrs. Hauser was interested in 4-H clubs before girls' clubs were actively

organized in Iowa. Her mother had been reading of girls' club work in the southern states, so she became interested and wrote to Mr. E. C. Bishop, then state leader of boys' clubs, asking what they had to offer for girls. "Mr. Bishop told me that I was the first girl ever to write concerning this," says Mrs. Hauser.

Eloise Parsons was a tomato club member in 1912, 1913 and 1914, raising a tenth of an acre of tomatoes. In 1913 she was county champion, and in 1914, state champion, receiving a trip to Washington, D. C., New York City and Niagara Falls. In 1915 she was state champion in the canning club. During the two following years she was leader of her club. She entered college in 1917, and after graduation took up home demonstration work in Madison County in July, 1921.

Mr. Hauser was for several years county agent in this state, and was later assistant state club leader in South Dakota, so Mrs. Hauser has intimate contact with clubs thru his work. In a letter written late last summer she said, "I am still very keenly interested in club activities. Just at present I am acting at a number of county girls' achievement days."

Mrs. Hauser was in many activities while at Iowa State. She was a member of Omicron Nu, Theta Sigma Phi and Phi Kappa Phi. She was first circulation manager of "The Iowa Homemaker." She played on basketball and hockey teams and won her "A" sweater in her sophomore year.

Once a Club Girl, Always a Club Girl

"We are now beginning to feel concrete results of our years of club work," said Mrs. Josephine Arndquist Bakke, state leader of Iowa 4-H clubs, in speaking of two of her 4-H girls who have come up thru the ranks and are now going out into home demonstration work in the state.

Faye Blakey, of Wayne County, has taken up her duties as home demonstration agent in Benton County, and Esther Cation, of Clay County, will become home demonstration agent for Boone and Hamilton Counties, early in June. Both girls were active club members before coming to college, and continued their club activities thru membership in the Campus

4-H Club at Iowa State. Faye was graduated last year and Esther will be graduated in June this year.

Julia Bourne, another 4-H girl who is graduating this year, will also enter work connected with 4-H clubs. Representing the Meredith Publishing Company of Des Moines, she will assist in recreation at Club camps, fairs and achievement days during the summer. She will also work on the 4-H page of Successful Farming. Her work will continue throughout the whole year. Julia is retiring president of the Campus 4-H Club.

A Peek-In at the Club Office

The club office is busy these days—as usual. The staff is finishing up its annual report, which could not be finished until all the county reports were in.

The office is humming with 4-H Convention plans, and even State Fair plans are under way. The staff refuses to reveal any of the secrets of these programs, but mysterious smiles show promise of something worth waiting for.

The club office is not overly crowded right now. Several members of the department are busy travelling over the state finishing up subject matter training schools, conducting organization meetings, planning Rally Days, Achievement days and County Fairs. They report that clubs over the state are well started on the year's program and functioning in fine shape.

A New House at the Fair

Iowa 4-H girls are to have a new home at the State Fair! The girls' dormitory on the State Fair grounds is to have an addition which will accommodate 500 girls. Only 350 girls can live in the dormitory as it now exists and the overflow has had to be placed in separate quarters. When the new addition is completed, the entire group of 4-H girls at the Fair can live under the same roof.

Making More Club History

Another 4-H May Morning Breakfast has become a part of history. A rain-drenched campus on Sunday morning, May 4, failed to dampen the spirits of the large group of 4-H girls, leaders and friends who met in the Union at 8:30 and ate breakfast together.

Julia Bourne, president of the Campus 4-H Club, presided over the program. Miss Florence Leaty, a student on the campus and a guest of the club, sang "The Four Leaf Clover", by Coombs, a song which has become traditional on the May Morning Breakfast program. Miss Genevieve Fisher, dean of home economics, told in a few words what the campus expects of 4-H girls. Plans for the 4-H girls' program of Veishea were

explained by Margaret Stanton, general manager of Veishea. Helen Melton gave a report of the preliminary conference of the Student Section of the American Country Life Association which she attended March 28-30, at Madison, Wis. A summary of activities and honors attained by 4-H girls on the campus was given by Lucile Gring. Lucile Steig reported on the scholarship of Iowa State 4-H girls.

Short talks were given by the "big four" of the club department: "The 4-H Girl and Her Home Community This Summer," by Mrs. Josephine Arnquist Bakke; "Our Goals in Home Furnishing," Miss Florence Forbes; "The 4-H Nutrition Program," by Miss Lula Trengoning; and "The Real Test," by Mrs. Edith Barker.

Officers for next year were elected at the close of the meeting. The following are the new officers: president, Helen Melton; vice-president, Florence Thuirer; secretary, Esther Friesth; publicity chairman, Clara Austin.

Guests at the breakfast were Mrs. Madge McGlade, dean of women; Miss Maria Roberts, dean of the junior college; Miss Genevieve Fisher, dean of home economics, who is not, by the way, an outsider but a member of the 4-H clubs of Iowa; Mr. and Mrs. Edwin Hopkins and Miss Elsie Pennell, of Successful Farming Magazine; Miss Lillian Chao, a Chinese student on the campus; Miss Rosalind Cook, of the Music Department; Miss Welty of Armand's Company, Des Moines; and Margaret Stanton and Florence Leaty, students at Iowa State.

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Iowa State College

Conducted by MARCIA E. TURNER

Shall We Affiliate?

Affiliation of the State Home Economics Association with the State Teachers Association was the big topic of discussion of the Executive Committee of the State Home Economics Association at its last meeting on April 25th at Iowa City.

This has been a favorite topic of discussion of Home Economics people. Heretofore, we have been a thing apart, an organization of our own, meeting at the same time as the State Teachers' association it is true, but being connected in no way.

This has worked a hardship financially on the Association and in some cases has set up the wrong attitude toward Home Economics.

Therefore the committee decided to ask the members whether they were in favor of an affiliation with the State Teachers' Association.

Letters are going out to our members giving as the reasons for affiliation:

1. More recognition and a better attitude toward the Home Economics by general educators.

A. In time secure a Home Economics speaker on the General Program to acquaint the teaching public with the Home Economics Program.

A. Get same publicity as other departments.

B. Get same financial support as other departments.

D. Get a section in Midland Schools.

E. Help to eliminate the terminology Domestic Art, Domestic Science, Sewing and Cooking, substituting Home Economics, Clothing, Foods and Nutrition.

If affiliated it will mean that we have our own sectional meeting as the Physical Education, Kindergarten, and Music people have but we will be tied up with the largest educational system in the state which is good organization and which will help us gain our place in the sun.

This notice will be sent out to all paid up members. If a majority of affirmative votes come in we will lay this proposition before the General Educational Board. Nothing more can be done until our November meeting.

—Josephine Arnquist Bakke
State President

Helps in the Teaching of Selection and Buying

Food Purchasing for the Home. Ruetta Day Blinks and Willetta Moore. J. B. Lippincott Company.

A paragraph in the foreword by Dr. P. Mabel Nelson is as follows: "The contents of this book are an outgrowth of the authors' experiences in teaching food marketing at Iowa State College and at Oregon State College. The data herein assembled were secured through painstaking effort on their part. The material has been checked time and again in the classroom and by the authors themselves. It is hoped that the book will meet the needs of teachers of food marketing as well as serve as a guide to the homemaker."

The Shopping Book. Baldwin. MacMillan Company.

On judging and buying house furnishings, leather goods, textiles, wearing apparel, toilet preparations and package groceries.

Establishing a Unit Kitchen at Bondurant

The first step in planning the refinishing and rearranging of our kitchen was to explain fully to the girls just what was meant by a unit kitchen. They were given bulletins and pamphlets to read which fully described unit kitchens and their aims. After a thorough study and discussion the entire class visited the Home Economics Building at Iowa State College, where they eagerly inspected the unit kitchens of the laboratories there. The day following their trip they took the exact measurements of their kitchen and drew floor plans of the room to scale. They then cut out pieces of paper representing the different pieces of furniture, stoves and sinks. These were also made to scale, using exact measurements. In this manner they were enabled to change the arrangements as often as they liked, finally deciding on the one which seemed best from the standpoint of convenience, beauty and limiting conditions. After each girl had made a plan, they were thoroughly gone over and then the class selected the best plan.

Four new drop-leaf breakfast tables and matching chairs were purchased, as well as two new gas stoves, each having four burners, an oven, etc. The old gas plates were discarded and the work tables made movable.

The girls studied furniture refinishing and worked out each step that would be necessary in refinishing the old furniture and in painting the new.

Ivory paint was chosen as a background, mainly because the school board had plenty of ivory paint on hand. After studying color and color harmonies in their related class, the girls decided that a cream, rose and lavender color scheme would bring the desired cheer and warmth into their semi-basement room that had only a northern exposure.

Oilcloth table runners in a soft rose color, cream scrim curtains trimmed with the colored bias tape, and growing plants are the centers of interest just now. You can imagine that the girls and the community are proud of their homey kitchen and that better management in food preparation and meal service will result.

Winter Mackay, Homemaking Instructor.
Inklings from Iowa Voc. Schools.

New Books

"Earning and Spending the Family Income" by Mata Roman Friend. Appleton and Company—\$2.00. The book is intended for junior high school and is organized as follows:

Unit I—Home, the basic institution in our social organization.

Unit II—American standards of living.

Unit III—The financial organization of the household.

Unit IV—Consumption.

Unit V—The purchase of food.

Unit VI—The purchase of clothing.

Unit VII—The purchase of shelter.

Unit VIII—Expenditure for advancement.

"Making Smart Clothes"—Butterick Publishing Co.—\$.30. Teachers who have found "Principles of Clothing Selection" published by the Butterick Company a good source of reference material will welcome this recently issued companion booklet.

Last Call for the Denver Meeting

Twenty-third Annual Meeting of the American Home Economics Association

Time: June 24-28

Headquarters: Hotel Cosmopolitan

Convention Theme: The Modern Family and Its Home

The President's Address: Dean Margaret Justin on "Overtures"

Interesting Persons: You and your friends

And Events: The program, exhibits, special luncheons and dinners, scenic motor rides, the "Fry" at University of Colorado Recreation Camp.

Local Color: The Rocky Mountains

WHY I should belong to my state home economics Association

1. From a sense of professional pride.
2. Because I know my association is working to acquaint the general educators with the basic principals of Home Economics teaching.
3. Because I know my national organization is working for better legislation for the home.
4. Because I like to attend the state association:
 - A. It revives my belief in my job.
 - B. It gives me an opportunity of meeting those having the same problems as I have.
 - C. It gives me strength to fight on in the cause of a new profession.

Signed:

A Member.

Student Club Program for the Denver Meeting

Three half-day sessions are being planned for the student club group—Wednesday afternoon and Thursday and Friday mornings. At each of these an outstanding home economist will address the students, following which ample opportunity will be offered for student representatives to report on club activities and to discuss their problems.

Wednesday afternoon the program committee will give a tea to the club members and their advisors at which local members will furnish the entertainment. The annual student club dinner is scheduled for Wednesday evening, and the student club breakfast for Friday morning. Plans are under way for an exhibit of material which will be suggestive to club representatives and which will include such things as copies of programs for different kinds of club meetings, material for membership or money-raising campaigns, pictures illustrating club activities and other helpful and interesting articles. Clubs interested in contributing to this exhibit are urged to get in touch with the chairman of their state student club advisory committee.

—Bul. of the A. H. E. A.

And Rush That Order, Please!

(Continued from page 3)

"But such work isn't always rosy", says One Who Knows. "We are prone to forget the unpleasant things—the inevitable early rising, the tedious hours spent in polishing tarnished silver, the waiting in line for the community bathtub and nerve racking attempts to please 17 disgruntled tourists all at once. We give our friends only the pleasant pictures—the fine friends we found amongst people from other college, the pleasant hikes and fish fries we had, and the biggest tips we made."

These are a few of the girls who will seek adventure this summer in camps in the East or in the West:

Louise Kallenberg—Y. W. C. A. Camp, Maine.

Ruth Dana—Head waitress, Okoboji.

Nancy Ruth Renaud—Housekeeper—Y. W. C. A. Camp, Okoboji.

Mary Irwin—Waitress, Yellowstone Park.

Marguerite Wherry—Waitress, Troutdale in the Pines, Colo.

Lila Whitehouse—Waitress, Troutdale in the Pines, Colo.

Evelyn Lucas—Waitress, Wisconsin.

Gladys Schmidt—Waitress, Elizabeth Inn, Colo. Springs.

Emmeline Sheldon—Waitress, Elizabeth Inn, Colo. Springs.

Emmeline Sheldon—Waitress, Elizabeth Inn, Colo. Springs

Helen Hager—Business Mgr. and Dietitian, Y. W. C. A. Camp, Ayra-Po, Somers, Conn.

Candace Secor—Counsellor and Ass't in Arts, Crafts, and General Projects—Y. W. C. A. Camp in Conn.

Hellen Gunn—Nature Advisor, Campfire Camp, Quincy, Michigan.

Florence Nelson—In Camp Near Chicago.

Betty Laros—Campfire Camp, Omaha, Nebr.

Kathryn Hatch—Counselor in Campfire Camp Hantessa, Boone.

Thelma Lowenberg—Waitress, Camp Sequinota, Charlevoix, Michigan.

Elsa Sindt—Waitress, Camp Sequinota, Charlevoix, Michigan.

Margaret Stewart—Waitress, Camp Sequinota, Charlevoix, Michigan.

Luncheon—Mile High

(Continued from page 3)

course was a crisp salad of sliced cucumber and tomato, arranged beside a ring of mint jelly and cut pineapple. Hot all-bran muffins were served with the salad. Just before we left our dining room in the clouds and came down to earth, Corn Flake macaroons,

nuts and Kaffee Hag Coffee were served.

After a perfect landing at the airport in Dearborn one could hear exclamations on every side like these—"Thrilling!" "I'll never forget a moment of it!" "Did you see all three lakes at once?" (we were flying over the city of Detroit) and "I wish I might go again real soon!" So the first luncheon in the sky proved successful and don't be surprised if you find an invitation in your mailbox to attend an air luncheon. In due time they are bound to become popular, for more of these club planes are being built all of the time.

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THE
COLLEGE
GROCERY

Campustown

"P's" and "Q's" in China Selection

(Continued from page 5)

In China, Japan, Germany, Austria, France and Italy, porcelain is dipped into the glaze before it is vitrified. This makes a brittle dish, the glaze melting thru it, but it is hard thruout. It is translucent for this quality is a characteristic of all china.

In England and America the dish is vitrified before it is dipped into the glaze. Then it is dipped into the glaze. After it is dipped in the glaze it is again heated very hot, but not to as high a temperature as was used before. This makes the china glaze very tight to the dish. You can notice this when your dish is broken or chipped. The glaze shows as a separate layer. Dishes that show this are always made in America or in England. These dishes are apt to be very durable.

Bone China Is Popular

In general, all dishes contain different clays. The mines from which these clays come might determine their value for certain purposes; also their quality. In addition to the quality of the ingredients, the amount of care used in purifying them, sifting and getting them into a very fine state will also influence the product. The skill, the art, and the ideals of the potters themselves will put a further value on them.

England is the only country that uses bone ash with the clays. This is called bone china. Bone china is very beautiful and very durable, but may be quite expensive.

Since America is a young nation compared with others, dishes have not been made here for as long a time as they have been made in Europe. During the colonial period, our merchants used to get the potteries in England and France to make dishes for the American trade. It has only been within the last thirty-five or forty years that fine dishes have been made in America.

You may be interested to know that the present State Dinner Set in the White House was made here in America. It is a Belleek ware, made in Trenton, New Jersey, and a lovelier or finer china than Lenox is not made anywhere in the world. It is the result of an ideal of perfection that one man had. Nothing but perfect pieces are sold. Consequently one reason for the high price. This china for the White House was purchased in 1918 during the Wilson Administration. Other chinas had been used in the White House before this, that had been made in France and England, for none fine enough for such a purpose had been made formerly in America. There are 1700 pieces in the new set, and up to about a year ago, there had been just three pieces broken. It is very durable, very beautiful in design and colors, and very expensive.

There are other very lovely chinas made in America also; china that is less expensive than the Lenox but is excellent and durable, also very beautiful. The Old Ivory China of one of our largest potteries in Syracuse, N. Y. is very beautiful, and is suitable for any purpose.

America, especially in the east central states, has many potteries. Dishes of every kind are now manufactured here, dishes that will meet the need of the lean purse, dishes that can be purchased for a moderate price and dishes for those who feel that they can pay any amount to satisfy their love for the beautiful.

One does not need to waste any tears over not being able to buy the Lenox ware. There are artistic designs and good color used on other dishes also. You will need to look and shop around. Get all the information you can as to durability, style and how long the design will stay in.

A thin China dish will not stand the wear and tear of heavy service—neither will a semi-porcelain dish. This kind will chip and check, then discolor.

Must we buy a 100 piece set when we buy? No, not unless you want that number. If you buy from an open stock pattern, you can buy just the number of dishes you will need for a year. Then add to them as you can afford. Before you do this, find out how long the pattern chosen will be made.

One of the most recent fads or styles in regard to dishes, is to have a different kind of dish for the salad from what you have for the dinner course. You might use a third kind of dish for the dessert if you choose, for many hostesses are now having a different pattern for each course.

We Look for Durability

Buy china if you want a dish that will wear. If it is very thin china you will need to take special care of it, as we did with our thin Haviland. Durability is dependable upon the proportion of the different clays used; upon the thickness of the product; and upon the amount of heat used in firing. Some china is more durable than semi-porcelain, though you may not like it so well. If you buy semi-porcelain you will need to be very careful of it. You would wish to be careful of any dish you bought, but the semi-porcelain requires more care.

American made dishes are more easily obtained when one wishes to replace broken pieces or to add to what one already has.

AN "IMPROVED" ROAD

What care I for the broad highway?
Give me a road that leads thru May,

With songs in its trees

And a coaxing breeze,

A home at its end—and the likes o' these.

—M. Rae Tourtelot.

What—No Vitamin B?

There is always something new to learn about vitamins. A recent article in the Indian Medical Magazine suggests that Beri beri is caused by an organism in rice instead of the formerly thought lack of Vitamin B.

Because of the great number of cases of Beri beri in an Indian settlement samples of rice were collected and investigated. An organism was isolated which did not produce Beri beri directly in animals but when combined with rice which did not give the disease alone, Beri beri was produced. Thus the combination of the organism with the rice, it is believed will cause the disease. Poor quality rice and rice that has been stored for a year have been common sources of the disease.

There is a Japanese doctor who asserts that he has obtained Beri beri in animals by isolating the organism and feeding it alone.

More experiments are to be made along this line. Perhaps this will mean more revision of text books and more "bugs" for the bacteriologist.

I am sick of four walls and a ceiling,

I have need of the sky,

I have business with the grass.

—Richard Hovey

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THE IOWA HOMEMAKER

A Magazine for Homemakers From a Homemakers' School

VOL. X JUNE, 1930 NO. 3

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SLEEP, PREPS

One hundred freshman co-eds have this spring slept through the early morning hours formerly allotted to onslaughts on the silverware and cupboards of their respective chapter houses.

Bestowing credit where it is due, we suggest three loud cheers for the Women's Pan-Hellenic Council, which has thus shown a commendable degree of common sense in banning, once and forever, early morning probation on Iowa State College campus. We applaud and suggest more of the same.

In this relation we would make the following suggestion: since sleep is now allowable, even encouraged among probationers, an appropriate accompanying gesture would be to ship the rest of the childish cruelties (soup eaten with a salad fork, love notes sent to fraternities, etc.), which rival the early morning probation in uselessness with it into the discard. What "active" (other than the vengeful sophomore) is not secretly bored by the annual hazing practiced on quaking freshmen?

If physical and mental mortification is desirable in the acquisition of a new associate and relative, why restrict this advantage to sororities? It would be an interesting experiment for a young husband-to-be to carry out on his fiancée. A certain period each day in which the intended should make funny faces for his entertainment, should shine his shoes with her tresses and run errands in the early hours of dawn—might this not make her a more faithful, loving and devoted wife?

If this year's graduates have effected a change from a "Hell" week to a "Courtesy" week on the campus, so that instead of ridicule and destructive probation there will be a period of special consideration, closer friendships and constructive preparation for all girls

concerned, they will have left a real gift to Iowa State women.

"WORKING" FOR GRADES

Gig: I'm flunking my psychology. What'll I do?

Dig: Work.

* * *

She worked. This was her recipe: She took one-half hour of instructor's leisure in a weekly conference; she registered tremendous enthusiasm for subject in question; she suggested that she was considering it as a life work; she bombarded the instructor with questions (subject immaterial); she assumed a beaming, sponge-like attitude in classes.

It worked.

* * *

Dig: Well, what did you rate in psychology?

Gig: Ninety . . . handshaking.

* * *

Disgusting, isn't it? . . . In the other fellow.

TWINKLE, TWINKLE, LITTLE STAR—

She lay in the grass and stared at the black-blue sky spattered with stars. There were assorted sizes and colors and they formed odd patterns, perhaps suggestive of this and that. To her they suggested nothing . . . they were just so much light. So was the electric lamp at the end of the block.

One fell . . . "Just a star," she said.

With stars we are like that. Why?

We know the names of trees and birds and flowers. We are taught to look at a map of the world and name its rivers and mountains, but seldom in our schools and colleges is there created or satisfied an interest in a study vastly more exciting than topography, than botany, than ornithology . . . an adventure in worlds—the study of astronomy.

If we dive into this new adventure, we are no longer Fords or Mussolinis revolutionizing the universe, but less-than-atoms clinging to a whirling earth-ball, peering out at other spinning worlds whose blaze comes to us like pinpoints of light. And we see the Mighty Hunter in pursuit of Taurus the Bull, the little Dog Star yapping at his tail and Hydra coiled beneath the feet of the Lion. "Night life" now holds a new thrill for us and a thousand friends greet us as the sun goes down.

But no. We forget ourselves. We must be practical, efficient, scientific. We must waive culture for the sake of "efficiency." We are to become good little job-hunters, and who ever heard of an efficiency expert making use of a star, or a poem, or an opera or a beautiful picture?

And yet . . .

Could it be that our most estimable technical colleges might gain by stressing a little less the making of the living and prepare a little more for the living of the life?

Alumnae News



BY DOROTHY B. ANDERSON

Picking the Spring Crop of Teachers

The budding "school marms" who have already accepted teaching positions for the coming year include the following Iowa State College co-eds:

Marie Nordyke, Richland; Anna Maddill, Miles; Lucille Neuman, Randolph, Nebr.; Lorraine Mundt, Elliott; Laurene Sar, George; Frances Baugher, Montezuma; Erma Whannel, Dumont; Nancy Renaud, Algona; Norma Price, Winterset; Frances Winton, Traer; Ethel Reed, Barneston, Nebr.; Kathleen Vaughn, Rock Rapids; Marguerite Wherry, Radcliffe; Lucille Buchanan, Truro; Esther Compton, Exira; Jennie Turner, Alleman; Jeanette Dekker, Dulce, New Mexico; Harriett Dickinson, College Springs; Lois Selzer, Irwin; Frances Thorngren, Luther; Marian Alberty, Moorhead; Esther Lucas, Marcus; Lillian Jamison, Bonesteel, South Dakota; Elizabeth Nyholm, Delmar; Nina Johnston, Vermillion, South Dakota; Selma Ekquist, Galt; Margaret Gray, Kensett; Charlotte Dean, Wasetka, Ill.; Mabelle Harrington, Fernald; Catherine Pfeiffer, Cosgrove Consolidated, Oxford; Caroline Kendall, Wapello; Edna Holsinger, Ankeny; Wilma Haek, Hawarden; Esther Borders, Union Twp., Le Mars; Clara Palmer, Postville; Sybil Tinchell, Rembrandt; Floy Horn, Algona; Hazel Hamilton, Union Twp., Le Mars; Esther Conway, Irton; Clara Garoutte, Union; Gertrude Baier, Carydon; Marjorie Oehe, Keota; Gladys Marolf, Cedar Rapids; Sara Jane Hess, Milwaukee, Wis.; Louise Carlberg, Storm Lake; Bernice Ross, Oakland; Shubel Owen, Estherville.

Undergraduate women who have been placed by the Vocational Education Department are:

Dorothy Blinn, Osage; Marie Gunderson, Cleghorn; Lucille Knott, Whitten; and Elsie Johnson, Union Twp.; Le Mars.

Marjorie Gaskill and Ruth Harris have accepted positions with Stouffer's Corporation in Cleveland. They will begin work August 1.

Helen Fisk, Dec. '29, is teaching Textiles at the Indiana State Teacher's College. She began May 5.

Margaret Hoskins, '29, who completed her dietetics training in March, is now employed as assistant dietitian at the Presbyterian Hospital, Chicago.

Frances Thomas, '29, began work as assistant dietitian at the Billings Hospital.

Mary E. Duckworth, '26, who is teaching at Jordan, conducted the "Better Homes Week" campaign there this spring.

Cleota Hedde, '28, Chicago, and Harold Woodall were married in Feb. Mr. and Mrs. Woodall are making their home in Ames where Mr. Woodall is employed with the Mathison Motor Co.

Mrs. Mary Abrahamson, '27, was chairman of the "Better Homes Week" campaign in Boone.

Frances Hieby, Ex. '28, of Ames, and Wilbur Hetzel, of Davenport, were married in St. John's chapel on April 4. They are at home at 414 Lynn avenue. Mr. Hetzel is employed with the White-Phillips Bonding Co., of Davenport with headquarters at Ames.

Margaret Jean Verran, Ex. '29, is spending several months traveling through the south and southwestern parts of the U. S.

Justus Benson and Vida (Secor) Benson, '28, announce the birth of a daughter during March.

Mildred (Ghrist) Day, '28, assistant home economics specialist with the Kellogg Co., at Battle Creek, Mich., prepared and served a two-course luncheon in an airplane flying over Battle Creek on April 8.

The luncheon was prepared and served at an altitude of 6,300 feet. There were seven at the luncheon, including the two pilots. The machine was a Ford trimotored passenger ship, equipped with a kitchenette.

Gladys Branson, '27, is employed with the Home Service Bureau of Buffalo, Niagara, and the Eastern Power Co.

Helen Cupps, Ex. '30, of Ames, and C. W. Kern, '25, agent for the Zimmer Pharmaceutical Co. were married at the home of the bride on April 8. The couple left for Bloomington, Illinois, where they visited the bridegroom's parents. They will make their home in Ames.

Marie Horst, '25, is on the staff of the Montefiore Hospital, New York City.

Sarah Field, '15, who is now head of the Home Economics Department at Kobe College, Kobe, Japan, was a guest speaker at the Women's club meeting in Burlington in April. Miss Field sails for Japan in August after having completed a year of graduate work at Iowa State College.

Hospital Positions Popular

Hospitals are claiming a number of I. S. C. graduates for dietetics training. Lucy Davis, who will be graduated in July, will receive training at the Presbyterian Hospital, Chicago. Jessie Orr, who will also receive her B. S. degree in July, will go to the Presbyterian Hospital on January 1. Following her training there she will go to Carder's Restaurant, Chicago, for institutional training. Virginia Russell, another July graduate, will on Feb. 1. start her training at the Santa Barbara Hospital in California.

Among the June graduates accepting hospital positions are Helen Alm, who will start training at the Santa Barbara Hospital on January 15; Frances Campbell, who will go to Cook County Hospital in September; Marian Chase and Esther Fausch, who will receive training at the Lincoln General Hospital, Lincoln, Nebraska; Edith Graham, at the University Hospital, Ann Arbor, Michigan; Geneva Kellogg, at the Presbyterian Hospital, Chicago, beginning June 12; Ruth Sperry, at the California Lutheran Hospital, Los Angeles, beginning August 6; Dorothy Tupper, at Santa Barbara Hospital, in November; Ruby Finner, at St. Luke's, Chicago.

At Home in Nippon

(Continued from page 2)

boiling ten minutes the fire is turned out and the rice left tightly covered five minutes or more longer. Then it is mixed gently with a flat scoop and is ready for the table. No salt nor other seasoning is added except in special dishes.

Unseasoned rice is bread and potatoes to every meal, simple or elaborate, in Japan. Soup is almost as inevitable, even for breakfast. This is made of a soured soy bean paste reminding one of sauer kraut in taste. It is hard to get used to unusual foods at breakfast as we soon discovered, but for this soup a liking soon develops.

Meat is little used. Good cuts of beef cost 50 to 70 cents a pound in the cities. Milk is expensive, 20 to 25 cents a quart and though pasteurized is not very desirable. Besides, Japanese are just learning to like to drink it. There is, of course, very little cheese used. It is so hard for Japanese to learn to eat it. Butter is used a little as bread is coming to be used, but it too, has to be learned.

Fish is plentiful, cheap and excellent. Many kinds are more delicious than even channel cat. Certain varieties are always served raw by preference but their scale is carefully regulated and inspected. Fish is delicious raw in thin pink slices garnished with seaweed or shaved turnip.

Vegetables are plentiful. There are more than a dozen varieties being used as greens. It is a Japanese fault to throw away the water in which the vegetables are cooked, but perhaps that loss is partially made up for in the amount eaten. Greens are pickled as are turnips and other vegetable, by letting them sour in a paste of water, rice bran and a little salt—again like our sauer kraut. Many kinds of root vegetables are eaten, including our own sweet potatoes and less commonly the Irish potato. Tomatoes and sweet corn so much liked by Americans are not eaten generally by Japanese.

The sweets of the Japanese are many. They grace the end of an important meal and are served with tea to any caller. Fruits are many, cheap and delicious.

The clothing of Japan is changing too. The universal kimono is becoming skirt and middy, or dress for school girls—or coat and trousers for men and boys. A few women wear dresses but most of them are still in the picturesque but expensive and uncomfortably narrow kimonos. Many children and men, especially those in towns away from the large centers still wear kimonos too, but they are difficult to clean since they must often be ripped to wash them. If made of silk they are expensive and if properly tied on, the kimono is terribly tight around the waist and so narrow at the knees as to interfere with walking.

Underwear is not worn much for warmth except by boys and working men.

With them it is very apparent—heavy knitted cotton drawers and shirts—in the winter. But the absence of underwear is just as apparent in summer; working men and boys go in a gee-string plus a wide knitted woolen belt—said to protect one from cholera. It sometimes looks as if all masculine Japan were in shorts or track suits. So much does our kindly hostess tell us of her home and the lives of her family and of her neighbors' families. More we can picture. The beauty and drudgery of the homes of the middle class; the strangeness and the likeness to our own, and the changes that are taking place to make Japanese homes more like our own—these things it is not hard to see.

As we make our farewells we are reminded of the story of a New England Farmer who greeted his missionary cousin, just back from Japan, with the question, "Well, ye got them heathen learned to sit on cheers yit?"

Western civilization seems to be progressing toward the sitting of the Japanese on "cheers". But if that is all we accomplish, if we but tear down the customs and habits of the home and give no meaning to life, add no motive force to a desire for beauty in it, our contribution is far too small.

Earth's crammed with Heaven
And every common bush's afire with God,
But only he who sees takes off his shoes—
The rest sit round and pick blackberries.

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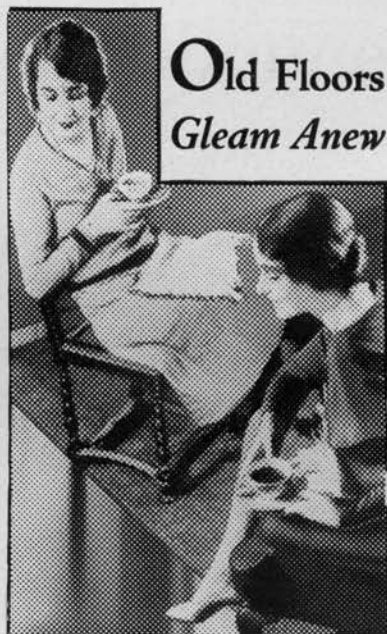
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Factory Girls by Choice

Editor's Note: The story of Miss Baer's Chicago factory experiences will appear in the October issue of the Iowa Homemaker. Watch for it!

Would you like to know what a factory girl thinks about? Since Opal Baer, H. Ec. Jr., is interested in finding the answer to this question, she will leave on July 4 for six weeks experience in some Chicago factory.

This is part of an experiment in personnel research work carried on each summer by the national Y. W. C. A. to obtain first-hand information on living conditions of factory girls.

The Y. W. C. A., with the cooperation of the sociology departments of the various colleges, chooses girls who are particularly interested in this kind of work. Each girl must hunt her own job and live on the salary she earns. Salaries range from a minimum of \$2 to a maximum of \$10 a week and hours may be from 10 to 15 a day. Neither the employer nor the girl's fellow workers will know that she is different from the rest.

Formerly the girls taking part in this experiment have all lived together under the direction of the Y. W. C. A., pooling their wages when necessary in order to maintain a decent standard of living. But this summer each girl is to find her own room and live solely on what she earns. There will be meetings once a week under the direction of Y. W. C. A. workers in the city. At this time the girls may discuss their problems, ask advice and exchange experiences.

Iowa State College will be represented this year for the first time. Miss Baer is interested in personnel work and has had some experience at the Y. W. C. A. here, where she has developed the personnel department.

"Undoubtedly, it will not be an easy six weeks — when our friends will be spending their vacations more pleasantly in cooler places than Chicago — but we believe the experience will more than compensate in interest and value received," declares Miss Baer.

—Margaret McDonough.

No More Goopy Picnics

(Continued from page 4)

push most of the coals back and fry the meat on the hot ground. You will have the advantage of the fine flavor of food cooked out-of-doors without enduring the heat.

Potatoes, baked in the coals, will be an excellent addition to the steak. They may be put in a can or pail and covered with another slightly larger pail. This temporary oven may be set in the coals and the potatoes baked.

Usually there is a grand rush to assemble everything together just before leaving. What are some of the numerous little things that are usually needed? A list of the more common ones includes

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matches, can opener, knife, fork, pail to get water, salt and pepper, picnic plates, tablecloth and picnic cups. If the salt and pepper shakers cannot be closed, put a piece of waxed paper inside the cap and let it extend over the sides. When it is screwed on, the paper will be held in place.

Take what you need, but no more, because excess baggage is a nuisance. "Travel light." If every member of the family lends a helping hand, the food is soon packed and in readiness to be "served on the wooded hillside."

Gotta Job?

(Continued from page 4)

greets at the University of Missouri, Columbia, Mo. Dorothy's work is studying the vitamin C content of raw spinach as affected by varying temperatures and length of cooking, while Hazel is doing research work on meat cookery.

"We are both on Purnell Research Scholarships," says Dorothy. "We are living in an apartment here and are doing our own cooking so that we shall be certain to have tender meats. You should see us chase the vitamins around, endeavoring to eat them all. No vegetable cooking water goes to waste around here!"

Needs Even Her Chemistry

"When it comes to talking about my own work I hardly know what to say," confides Anita Andrews, who is in the Extension Service at Brookings, S. D. "Extension work offers possibilities for trying oneself out and good opportunities for meeting people. But I really cringe when I think of the faith some of these women put in me. A good extension specialist is not only a specialist in his own line, but in every other field as well. Everything I have ever learned I have needed at some time or other, even all the chemistry."

Beulah Rogers, who is also in the Extension Service at Brookings, says of her work, "The ultimate goals and ideals in the planning for 4-H club work are the factors, I think, which cause me to be so enthusiastic about it. The planning for a more efficient, a more interesting and more worthwhile club program for the rural girls, and the chance to bring to her a knowledge of the standards, skills and cultural aspects of life aid in making the work most fascinating."

Bea Iler, who is teaching art in the Milwaukee public schools, says that she enjoys her "youngsters," but she is still a bit afraid of her 45-year-old night student. "I have seven different classes during the day and classes every day of the week, so you can imagine I am so busy sometimes I am almost frantic."

Many other Iowa State College graduates could be mentioned, but these are examples of what Home Economics graduates are doing.

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Just east of Capitol Theatre.**Debunking the Health Foods**

Health can not be bought by the package at a store as some recent advertisements would have us believe. Readers of current magazines have been swallowing an overdosage of unwarranted health claims for food in the United States.

The Foods and Drugs act states that labeling and advertisements must conform to the truth. Health claims in connection with the labeling of foods is a case of misbranding.

There are three classes of foods which have particularly abused this act. Whole wheat grains, rye, bran and mixtures of grains have been overstressed for their laxative qualities. Any normal person with a normal diet should not need an extra supply of these foods. Mineral waters supposed to cure all ailments have also been over emphasized. Medicated candies, iodized salt, vitamin bread flour and irradiated foods have also been given undue attention in advertising.

**Iowa State "Mans" the Kitchen**

(Continued from page 1)

ever—an engineer, a dairy student, one from the Vocational Education Department, another from the Graduate College

A few of the boys are taking the course because they feel the need of help in the perplexing job of planning meals for the men in their organized houses. Miss L'Engle hopes to give the boys the sort of training that will do away with the old cry of fraternity stewards: "What in the name of heaven will I give them to eat this week?" and the complaining comment of the men, "Oh, today's Monday—we'll have stew for dinner again."

The men work efficiently in the laboratory, Miss L'Engle says, and they are taking the work seriously. They are anxious to learn all they can about food preparation and the instructor is bombarded continually with questions: "How can we tell when it's done?" "In what kind of pans shall we bake the corn bread?" "What made these biscuits lighter than those?"

That the boys are happy in their work is indicated by an occasional outburst of song, especially after they have consumed a meal and are cleaning up the laboratory. Perhaps the song is for the purpose of cheering up the dishwashing job but more probably it results from the satisfied feeling that comes after a good meal.

None preaches better than the ant, and she says nothing.—Franklin.

A friendship that makes the least noise is very often the most useful; for which reason I should prefer a prudent friend to a zealous one.

—Addison

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Why did they come . . . all of them?

The answer, nearly always the same:  
"A friend of mine sent me."

Iowa State students are hand-picked. Have you picked one to take your place?

Look over your graduating high school friends, issue your personal invitation to the most promising one and call upon the registrar's office at Iowa State, to help you out. Catalogs, divisional booklets and campus views will be sent at your request.

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